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A TALE OF TWO NEWCOMERS
DAY 4 OF METRO'S LOOK AT IMMIGRATION PAGE 10

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Stand by your plan: Katz not changing his tune on LRT

Transit talk. No need to reopen rapid transit debate, says co-chair of the Winnipeg Transit Riders Association

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Mayor Sam Katz maintained his commitment Wednesday to the construction of the second phase of rapid transit, dismissing concerns over rising costs.

The second phase, which would connect downtown to the University of Manitoba, has seen one councillor calling for its scrapping and a second councillor calling for light rail to be reconsidered.

Harry Wolbert, co-chair of the Winnipeg Transit Riders Association, asked Katz during the executive policy committee meeting if he still supports the rapid transit project.

"I thought we had a commitment from the city, from city council, to complete Phase 2 of rapid transit. We don't feel it's necessary to reopen the debate once again, we've been debating the issue for 30, 40, 50 years now," said Wolbert during the meeting, adding that further delays would increase the cost.

"I just want to hear from the mayor: Where do we stand on the issue of completing phase two of rapid transit?"

Katz responded that city officials and council have worked very hard on the project, and the application for federal cash is currently before P3 Canada.

Finance committee chair Coun. Russ Wyatt said while light-rail transit (LRT) would be more expensive than buses, it could provide a better service over the long haul.

"If (Winnipeg is) going to continue to grow at the rate we're growing at, we definitely now as a city of over 700,000 people are actually in an LRT-type range … would we be better off right now taking a step back and looking at LRT as a way to build rapid transit," said Wyatt after the EPC meeting, adding that the city could apply for a share of the billions of dollars in new Building Canada funds.

Coun. Scott Fielding, who is considering a bid for mayor, initiated a petition calling for the city's portion of the rapid transit cost, about $225 million, be spent instead on roads and underpasses.

Harry Wolbert of the Winnipeg Transit Riders Association said rapid transit has been debated long enough and it's now time for shovels in the ground. BERNICE PONTANILLA/METRO

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2013 Operator of the Year Award Winner

Winnipeg Transit congratulates David Guy, recipient of the 2013 Winnipeg Transit Operator of the Year Award.

This annual award is given to the Bus Operator who exemplifies Winnipeg Transit's commitment to service excellence by achieving the highest standards in customer service, safety and attendance.

Since joining Winnipeg Transit in 1988, David has received numerous Customer Commendations and has been the recipient of the Operator of the Month Award on three occasions. David is extremely proud of his driving record, which includes 24 years of Safe Driving.

On behalf of all his regular customers, the entire staff and management at Winnipeg Transit wish to congratulate David Guy on his outstanding achievement.

Operating a transit bus can be a demanding job that requires more than just excellent driving skills. Winnipeg Transit wishes to recognize all 1,100 of our professional transit operators for their outstanding service to the community.

2013 Operators of the Month

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C. Shane

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D. Guy

E. Wong

August

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R. Gagnon

September

A. Kaushal

J. MacTavish

October

R. Henzel

A. Bornales

November

M. Clinch

B. Belisle

December

S. Peasey

R. Pattyn

Latest homicide

Authorities stay silent on death of wounded woman

Police are saying next to nothing about the city's latest homicide and want anyone with information to give them a call.

Members of the homicide unit are in the early stages of an investigation after the death of a woman who showed up at Victoria Hospital around 1 a.m. Wednesday suffering from undisclosed injuries.

Police aren't saying how old the woman is, how she got to the hospital, how she was injured or why they suspect she's the victim of a homicide. METRO

Painful arrest

Faithful dog takes a bite out of crime ... fighter

A Winnipeg cop learned the hard way this week that crime fighting can be a dog-eat-dog job.

A dog bit an officer while police executed an arrest warrant for a man wanted on sexual-assault charges at an Elmwood home Tuesday.

Police said the dog became protective as the suspect resisted arrest.

The officer required medical attention, and the dog was seized for 10 days.

Police also allege the suspect kicked a second officer twice during his arrest.

Douglas Ocman Tristam Polon, 38, of Winnipeg is facing additional charges including assaulting a police officer. METRO

Five ... no, six zeros?! Local shocked by $1M win

John Perry couldn't believe how many zeros flashed across the screen when he stopped to check a Lotto Max ticket that had been sitting in his wallet for three weeks.

John Perry CONTRIBUTED

"I thought it said 10,000, but I didn't really believe that," said the Winnipegger in a release Wednesday. "I thought I'd better check it again."

Perry's ticket was the only one to match all seven numbers on the March 14 Lotto Max draw, meaning he'd won the entire $1 million prize.

"I was feeling multiple emotions," he said. "No more student loans, no more mortgage, no more car loan — and almost shock. I kept thinking, can this be real?"

Perry said he plans to marry his girlfriend with the money. METRO

North End. Police hunt teenage shooting suspect

Local police are seeking help with tracking down a man wanted on attempted-murder charges in connection to the shooting of a teen in the North End earlier this week.

Michael Langford Conrad Kelly, 19 CONTRIBUTED

The 17-year-old victim was shot once in the upper body while he and another man tried to flee from two people who had forced their way into a home in the 600 block of Manitoba Avenue on Monday afternoon.

The victim was taken to hospital in critical condition and later upgraded to stable.

Police arrested one suspect later Monday, and Wednesday released a photo of their second suspect, Michael Langford Conrad Kelly, 19, of Winnipeg.

Kelly is considered armed and dangerous and should not be approached. METRO

City needs to prevent frozen pipes: Coun.

Won't pipe down. Councillor changes focus after hotel-stay motion gets denied

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Disappointed that her motion to provide hotel stays for homeowners without water was kyboshed on Wednesday, a councillor is now calling on the city to come up with a plan to prevent frozen pipes.

Coun. Paula Havixbeck (Charleswood-Tuxedo) said pipes are still freezing "faster than the city is keeping up with it."

"That's a bigger part of the picture that I'm frustrated with, not seeing a plan, because we don't have enough equipment, clearly, if we can't keep up, let alone catch up," Havixbeck told Metro after the executive policy committee (EPC) meeting.

Havixbeck said that since water is the city's responsibility, the city needs to do whatever it can to ensure supply.

"The ground is frozen now, so if there's more equipment to test, if there are prototypes that we can be developing, we need to test it now when the ground is frozen. It doesn't help in August or September when it's completely thawed," she added.

Regarding the defeat of the hotel-stays motion, Mayor Sam Katz said the "vast majority" of councillors have not had citizens contact them with such a request.

"(Councillors) don't think it's a real issue, per se," he said.

City crews work on frozen water pipes on March 20. COURTESY CHRISD.CA

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Blue Bomber turns pink to fight bullying

Former Winnipeg Blue Bomber Obby Khan donned a pink shirt and spoke to students at Lincoln Middle School about his experiences with bullying Wednesday morning to mark the third annual Red Cross Day of Pink. The students and Khan joined more than 19,000 people across the province by wearing a pink shirt to bring awareness of the impact of bullying. SHANE GIBSON/METRO

Winnipeg scientist wins research award

Killam Prize in Health Sciences. Dr. Frank Plummer awarded prize, $100K for his work in infectious disease

One of Winnipeg's most respected researchers has been recognized with one of Canada's most distinguished honours.

University of Manitoba professor, scientist and physician Dr. Frank Plummer has been awarded the $100,000 Killam Prize in Health Sciences for his work in infectious disease over the past several decades.

Dr. Frank Plummer
THE CANADIAN PRESS

"The University of Manitoba is honoured to call Dr. Plummer one of our own, both as a Distinguished Professor and internationally renowned expert and as an alumnus," says David Barnard, U of M President.

Currently the Canada Research Chair in Resistance and Susceptibility and the Scientific Director General of the National Microbiology Laboratory in Winnipeg, Dr. Plummer's forays into research into how HIV/AIDS is transmitted shocked the medical community in the early '80s when he proved HIV/AIDS could be passed from male to female.

He later "found that HIV transmission rates soared from women to men, especially if these men were not circumcised," reads a statement from the U of M. "Male circumcision is now a core strategy in HIV prevention globally. The work of Plummer and his colleagues that discovered a natural immunity among Nairobi female sex trade workers is the best current hope for developing a vaccine for HIV.

ELISHA DACEY/METRO

Worthington

Suspicious man in St. Vital: Police

Police are telling parents in the Worthington neighbourhood to be on the lookout for a suspicious person after a man approached a six-year-old boy in the area Tuesday.

The boy ran in and told his dad, who called police. The same man was allegedly following the boy's 10-year-old sister on April 4. The man is white, 6' tall, heavyset, 50-60 years of age with salt and pepper hair and beard. He was wearing glasses, a black jacket and a baseball cap with black rim, red/orange top, and a purple adjustment strap.

METRO

Crime. Cops make arrests in Main Street stabbing

A man and woman are in police custody in connection to last month's early-morning stabbings on Main Street that sent three to hospital.

Police were called to the 7-11 at Bannerman Avenue and Main Street around 4 a.m. March 26 where the victims had gone for help after being stabbed nearby.

All three men were initially taken to hospital in unstable condition but have since been upgraded to stable.

On Tuesday two suspects were arrested without incident in the 200 block of Cathedral Avenue.

Steven Raymond Johnston, 20, of Winnipeg is charged with aggravated assault, three counts of assault with a weapon and three counts of possession of a weapon for a dangerous purpose.

Markers from the scene March 26
SHANE GIBSON/METRO

Rae-Anne Dawn Peebles, 18, of Winnipeg is charged with three counts of assault.

METRO

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Scan this photo with your Metro News app to see a photo gallery of Prince George's royal tour of New Zealand.

Scans show details of mummy's body

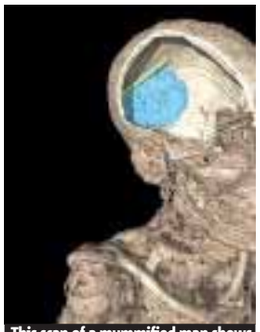
British Museum.
Scientists 'thrilled' to discover embalming tools in mummy's skull

Our fascination with mummies never gets old, and the British Museum is using the latest technology to unwrap their ancient mysteries.

Scientists at the museum have used CT scans and sophisticated imaging software to go beneath the bandages, revealing skin, bones, preserved internal organs — and in one case, a brain-scooping rod left inside a skull by embalmers.

The findings go on display next month in an exhibition that sets eight of the museum's mummies with detailed images of their insides and 3-D printed replicas of some items buried with them.

Director Neil MacGregor said 6.8 million people visited the London institution last year, "and every one asked one of my colleagues, 'Where are the mummies?'"



This scan of a mummified man shows the remains of the brain and a tool.
THE BRITISH MUSEUM/THE AMERICAN PRESS

The museum has been X-raying its mummies since the 1960s, but modern CT scanners give a vastly sharper image.

Just like live patients, the mummies chosen for the exhibition were scanned at London hospitals — though they were wheeled in after hours. The museum's scientists were thrilled to discover a spatula-like probe still inside one man's skull, along with a blob of brain.

"The tool at the back of the skull was quite a revelation, because embalmers' tools are something that we don't know much about," said John Taylor, museum mummy expert.

Another mummy, a woman who lived in Sudan around 700 A.D., was a Christian with a tattoo of the Archangel Michael's name on her inner thigh.

The star of the show is Tamut, a temple singer from a family of high-ranking priests, who died around 900 B.C.

Her brightly decorated casket has never been opened, but the scans have revealed her well-preserved body, her face and short-cropped hair.

"Come back in another five years and you will hear Tamut sing," MacGregor said.

THE ASSOCIATED PRESS

Plunket's princely play date

Britain's Kate, the Duchess of Cambridge, holds Prince George, left, during a visit to Plunket nurse and parents group on Wednesday at Government House in Wellington, New Zealand. Plunket is a not-for-profit organization providing care for children and families. MARTY MELVILLE/THE ASSOCIATED PRESS

Airport scare

Man found with loaded handgun

A Virginia man was arrested at Baltimore-Washington International Thurgood Marshall Airport after a loaded handgun was found in his bag at a security checkpoint.

Maryland Transportation Authority Police say 36-year-old Ryan Watson of Stafford, Va., was charged.

THE ASSOCIATED PRESS

Infertility

Italian court lifts ban on donations

Italy's constitutional court has struck down a ban on egg or sperm donation for infertile couples.

Health Minister Beatrice Lorenzin, saying the law had effectively been "gutted," called on Parliament to revise legislation.

The conservative law reflects the influence on lawmakers by the Vatican, whose teaching forbids artificial procreation.

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Graphic photo causes stir at Pistorius trial

Oscar Pistorius leaves the high court in Pretoria, South Africa, Wednesday.
THEMBA HADEBE/THE ASSOCIATED PRESS

Prosecutor takes aggressive line.
Accused Olympian refuses to look at image of slain girlfriend's bloodied head

Oscar Pistorius refused to look at a photo of his dead girlfriend's bloody head wounds while testifying at his murder trial Wednesday as the prosecutor urged the star athlete to "take responsibility" for killing her.

"It's time that you look at it," chief prosecutor Gerrie Nel said, setting the stage for a rigorous first day of cross-examination of Pistorius, the double-amputee Olympian charged with premeditated murder for shooting Reeva Steenkamp three times through a toilet door at his home.

"I remember," Pistorius said of Steenkamp's bloodied head, becoming distraught and then crying as he turned away from the gruesome image of the injuries he inflicted that were displayed next to him in a packed courtroom in South Africa's capital.

The showing of the photograph on TV screens in the courtroom caused gasps among spectators, who included Steenkamp's mother, June.

"I will not look at a picture where I'm tormented by what I saw and felt that night," Pistorius said. "As I picked Reeva up, my fingers touched her head. I remember. I don't have to look at a picture, I was there."

Pistorius, 27, says he shot Steenkamp in the pre-dawn hours on Valentine's Day — in the head, arm and hip — by mistake, thinking she was a dangerous intruder behind the door in his bathroom about to come out and attack him. Prosecutors charge he killed the 29-year-old intentionally.

THE ASSOCIATED PRESS

'Cuban Twitter.' Havana probes leak of half-million cellphone numbers

Cuba's government said Wednesday it has launched a probe into how hundreds of thousands of customer cellphone numbers fell into the hands of a U.S. government program that used them to secretly set up a mobile-based, Twitter-like social network on the island.

An Associated Press investigation revealed last week that the U.S. Agency for International Development (USAID) program used the data to build a subscriber base for the platform, dubbed ZunZuneo, with the idea that it could be used to stir unrest.

Cuba considers such USAID programs to be subversive attempts to topple its Communist-run government. Officials told reporters that state telecom Etecsa had not provided the data to any international operator or entity, and that the information was obtained illegally.

Washington officials have defended the ZunZuneo program as consistent with U.S. law and described it as "discreet," rather than covert or classified. THE ASSOCIATED PRESS

Pakistan

Attempted murder case against baby prompts outcry

A nine-month-old Pakistani boy has been swept up in an attempted murder investigation that highlights the country's dysfunctional criminal justice system where even children are not immune from questionable legal decisions.

The toddler was brought to court last Friday as part of an investigation relating to an incident where residents in his neighbourhood clashed with police. He was granted bail by a judge.

The Jan. 31 altercation sparked police to open an attempted murder investigation into 30 people, including the father of the toddler and his unnamed son, said police officer Atif Zulfiqar, who is in charge of the area. THE ASSOCIATED PRESS

Wounded by trains

Honduran migrants ask Mexico to allow free passage

About a dozen Honduran migrants who lost legs and arms after falling from trains during northbound journeys across Mexico asked the country's Senate on Tuesday to stop the government's persecution of Central Americans, protect them from criminal gangs and contribute money to shelters for their care.

The migrants say that drug gang members and other criminals frequently beat, stab or push them from moving trains during their journeys through Mexico to the United States.

The migrants expressed hope that Mexico would agree to allow them transit visas or free passage without documents to cross the country on their way to the U.S. border.

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Man arrested after stabbing rampage at Toronto office

Attempted murder charges. Police say suspect had just been fired when he attacked, leaving four injured

Toronto police stand outside an office building in the city's north end following a multiple stabbing. Police say a suspect is in custody following the stabbing, which left at least four people injured. NATHAN DENETTE/THE CANADIAN PRESS

An employee of a human resources company stabbed his superiors while being fired at a Toronto office building, police said Wednesday.

Police said four people were injured, including one woman who has life-threatening injuries.

Chuang Li, 47, faces three counts of attempted murder and four counts of aggravated assault with a knife.

Dan Darnbrough, a Toronto police detective, said employees held the man before police arrived. A 32-year-old woman and three men between the ages of 35 and 45 were injured, he said. Three remain hospitalized.

Ceridian, a global payroll and human resources company based in Bloomington, Minnesota, said four of its employees were attacked by a "former employee." Asked if the man attacked after being fired, Ceridian released a statement that said "due to employee confidentiality guidelines, we are unable to share any additional information."

Quoted

"He was being fired and I guess then he proceeded to get involved in stabbing some of his bosses and some other employees."

Toronto police Det. Daniel Darnbrough

Police earlier said they were called at about 9:30 a.m. local time with reports that "a man with scissors" had entered the business and began stabbing people.

Television footage showed police putting a handcuffed man, wearing a bloodied shirt, into a police car. The man turned his head while in the backseat and said hello to a TV camera pointed at him.

The man is due in court on Thursday. THE CANADIAN PRESS

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Wi-Fi? Why not! Vancouverites may soon enjoy free wireless web

B.C. City's park board to prioritize Internet access in spaces with high residential density, tourist appeal

EMILY JACKSON
Metro in Vancouver

Think these beachgoers at a packed Vancouver beach in 2013 would have been interested in free Wi-Fi? Vancouver's park board wil vote on a motion next week to determine potential locations for free public Wi-Fi. EMILY JACKSON/METRO

Wouldn't it be nice to use free Wi-Fi instead of pricey cellular data plans when posting pics on Instagram of the sun setting over the beach?

Vancouver's park board figures residents and tourists would appreciate the option, and it will vote on a motion next week asking staff to determine potential locations for free public Wi-Fi, the cost of such a program and a timeline for implementing the service, Commissioner Trevor Loke announced Wednesday.

The city has been considering free Wi-Fi since at least 2005 — it's already in place at city hall and at the public library — and council passed a digital strategy last year promising to make public Internet access a reality by 2016.

But Loke wants to get the ball rolling on the plan to ensure the park board has a say in what places get Wi-Fi. Suggestions so far have focused on busy downtown shopping strips.

"We want to make sure that park spaces are a priority within the digital strategy," Loke said.

The park board will prioritize Internet access in spaces with high residential density and appeal for tourists.

It's not clear how much the infrastructure would cost, but the city is considering partnerships with local providers. The entire digital strategy was budgeted at $30 million between 2013 and 2017.

Quebec City, Denver, Co., and Auckland, New Zealand, already provide free public Wi-Fi.

Bahamas. Former Winnipeg resident shot dead by masked home invaders

A British citizen visiting the Bahamas was killed in a home invasion in an upscale neighbourhood of Grand Bahama, authorities said Wednesday.

Edgar George Dart, a 56-year-old who lived in Winnipeg, was shot and killed when three masked intruders burst into his family's home in the island's Emerald Bay neighbourhood, said Assistant Commissioner Emrick Seymour of the Royal Bahamas Police Force.

Dart was visiting his mother's home when he apparently struggled with one of the assailants as they tied up family members with duct tape during the Tuesday morning attack, Seymour said.

The attackers had apparently cut phone service to the house before the attack. They fled in a gardener's van.

No suspects are in custody and Seymour appealed to the public for help. It was the sixth homicide of the year on Grand Bahama. THE ASSOCIATED PRESS

New York

Paralyzed worker sues rail company for $100 million

A railroad mechanic paralyzed in a deadly New York derailment says he forgives the man driving the train.

Samuel Rivera praised Metro-North Railroad on Wednesday as he announced a $100-million lawsuit against it.

Rivera spoke from a rehabilitation centre north of New York City. He has no movement of his legs and very little in his arms.

Four people were killed and more than 70 injured in the Dec. 1 derailment in the Bronx. Rivera is calling for legislation mandating seat belts on public transportation. THE ASSOCIATED PRESS

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Good times, hard times

Coming to Canada is a challenge for anybody. Sometimes it goes well, and sometimes it doesn't. We talk to two people at different ends of the scale.

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

Priscilla Bunke, originally from Nigeria, lived in Germany for 11 years before moving to Canada. She's now a successful specialist in securities and derivatives regulatory law, as well as the energy and oil industries. CONTRIBUTED

Jamie Martinez moved to Canada from Colombia in January 2008. He spent years working as a labourer in Canada and has been forced to tap into the welfare system. MIKE DONACHIE/METRO

The Story of Us
Immigration to Canada

MIKE DONACHIE
Metro in London, Ont.

Priscilla Bunke has come a long way, in more ways than one.

Her route to Canada was via Germany, where she spent 11 years. She then worked through a process of re-qualifying as a lawyer in Alberta, completing that in May 2012.

It's been 18 years since Bunke left her native Nigeria, and she's now a successful specialist in securities and derivatives regulatory law, as well as the energy and oil industries, with Dentons law firm in Calgary.

If that sounds impressive, it's because it is.

"It wasn't easy," she said. "But many people come here and succeed."

She's done a lot of work in the last 11 years, including 12 exams just to re-qualify in Canada.

"I wouldn't lie," said Bunke, 45, who has a 14-year-old son and an 11-year-old daughter. "Life is very good now. I'm very happy now. But it was tough."

She said working in Germany — where she completed a master's degree and worked as a corporate counsel for an insurance company — was tougher, mainly due to the language barrier.

In Canada, Bunke was able to find work quickly, spending three years as a legal researcher while she re-qualified.

But adjusting to Canada after she arrived in July 2007 brought its own challenges.

There's a greater emphasis on networking, she explained, and the lessons come thick and fast.

"What I've realized here is that if you are open to learning, then people are really, really kind and ready to help," Bunke said, adding that she values the Canadian mentors who offered their time.

"I've been very fortunate and blessed to meet people who have been amazing."

It's been a tough few years for Jamie Martinez.

Now 54, he came to Canada from Colombia in January 2008.

"My original background is mechanical engineering," Martinez said. "But I worked for Goodyear in Colombia for 17 years in human resources. I wanted to do something the same when I came to Canada, but I couldn't."

First, there was a language barrier.

Two ESL courses helped with that, but even applying for jobs was a problem, so there followed lessons in creating a resumé and looking for work.

Martinez spent years being offered only labourer jobs, and he's also been forced to tap into the welfare system. But he stayed determined to work in administration, in a similar job to the one he had in Colombia.

It took three years before he landed an office job, and he says his experience isn't rare — even the large numbers of university-educated immigrants face a steep climb, he said.

Martinez, who is in the country on a work visa and still trying, after six years, to get permanent resident status, says he's committed to Canada.

Nowadays, he works as executive director of the Latino Canadian Community Corporation in London, Ont., and is a leading light in the London Multicultural Club.

"Canada is amazing," he said.

"We love Canada. It's so family-oriented."

But he called on employers to be more open to newcomers, whose status is easily signalled with a SIN card number that starts with "9."

"We don't get real help to get a job," he said about immigrants.

"We need more help to overcome all the problems we have."

MIKE DONACHIE/METRO IN LONDON, ONT.

Follow Mike Donachie on Twitter @Mike_Donachie

Quoted

"We need more help to overcome all the problems we have."

Jamie Martinez

A truly Canadian quiz

The Canadian citizenship test was altered in 2010 to make it a little more difficult.

Since then, applicants have been required to answer 15 of 20 questions correctly, whereas previously they passed with 12 out of 20 correct responses — as long as they gave the right answer to certain mandatory questions.

The problem was those mandatory questions were always the same, making the test easy to beat by paying for the answers beforehand. (And, it's been proven that really was happening).

About 96 per cent of those taking the test before 2010 passed. The new formula has lowered the pass rate to 80 per cent or so.

Citizenship and Immigration Canada (CIC) sends all applicants a study guide as soon as the paperwork is received.

"The best way to succeed at the citizenship test is to study Discover Canada," said a CIC official. "We encourage people to begin studying as soon as they apply for citizenship and receive their study guide."

As well, an online language test must be taken and passed before anything else happens.

SCOTT TAYLOR/METRO IN LONDON, ONT.

On the web

Can you pass? Give our practice citizenship test a try at metronews.ca

Getting their start elsewhere

Plenty of immigrants come to Canada and wind up being household names. You may be surprised at how many well-known Canucks didn't actually get a start in the True North strong and free. Here's a look:

Steve Nash
GETTY IMAGES

Steve Nash is considered the best NBA player ever to spend most of his life in Canada. Currently a member of the Los Angeles Lakers, he was named the NBA's most valuable player in both 2006 and 2007. He grew up in Victoria, B.C. He was born in Johannesburg, South Africa.

Ernie Coombs
GETTY IMAGES

Ernie Coombs was a children's entertainer who starred in the Canadian television series, Mr. Dressup. He became a Canadian citizen in 1994. He and his family lived in Pickering, Ont. He was born in Lewiston, Maine.

Brendan Fraser
GETTY IMAGES

Brendan Fraser, son of Canadian parents, is a movie and stage actor who portrayed Rick O'Connell in the three-part Mummy series. He is also known for other comedic and fantasy-film leading roles in major Hollywood movies. He was born in Indianapolis, Ind.

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Day 3 3
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Day 5 5
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‘Heartbleed’ bug causes major heartburn for CRA

Canada Revenue Agency. If you haven’t filed your taxes, you won’t be able to until at least the weekend due to computer bug

The Canada Revenue Agency headquarters in Ottawa is shown on Friday. The ‘Heartbleed’ bug forced the tax agency to suspend its online filing services Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

With tax-return season in full swing, the Canada Revenue Agency suddenly locked down its online filing services on Wednesday, fearful of a new vulnerability in software used by much of the world to safeguard secure websites on the Internet.

All of the federal government’s online systems were under review after word of the so-called “Heartbleed” computer bug prompted the tax agency to pull the plug on its electronic services as a precaution.

“As a preventative measure, the CRA has temporarily shut down public access to our online services to safeguard the integrity of the information we hold,” the agency said in a statement.

The shutdown came after the Canadian Cyber Incident Response Centre (CCIRC) issued a warning to system administrators about the coding flaw. It recommended that system operators unable to plug in an immediate fix get off the grid.

Other federal systems were also being assessed for their vulnerability to the threat, said Antoine Ouellon, a spokesperson for Shared Services Canada, the federal agency that oversees the government’s IT infrastructure.

THE CANADIAN PRESS

Heart-stopping oversight

Bug went undetected for two years

A confounding computer bug called “Heartbleed” is causing major security headaches across the Internet as websites scramble to fix the problem and Web surfers wonder whether they should change their passwords to prevent theft of their email accounts, credit card numbers and other sensitive information.

Security researchers who uncovered the threat are particularly worried about the lapse because it went undetected for more than two years.

THE ASSOCIATED PRESS

Make it so. Around the world in 20 (flying) days via souped-up solar plane

A Swiss team planning to complete the first round-the-world solar flight next year unveiled a new version of their unique aircraft Wednesday, which they say could remain in the air indefinitely.

Pilots Bertrand Piccard and André Borschberg said the Solar Impulse 2 improves upon the single-seater prototype that first took flight five years ago, and which has since demonstrated that a solar-powered plane can fly through the night, between two continents and across the United States.

The updated plane, presented to the world at the Payerne Air Force Base in Switzerland, has better batteries for storing energy soaked up from the sun by the 7,200 solar cells that cover its massive wings.

At 236 feet, its wingspan is eight metres longer than the first prototype — longer even than the wings of a Boeing 747 jumbo jet — but still only weights 2.54 tons, about as much as a large car.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 91.98¢ (+0.42¢)

TSX 14,435.58 (+63.13)

OIL $103.60 US (+$1.04)

GOLD $1,305.90 US (-$3.20)

Natural gas: $4.56 US (+$0.03)
Dow Jones: 16,437.18 (+181.04)

Serving up McJobs

McDonald’s in Canada supersizes hiring of youth

McDonald’s Canada and its franchisees are set to hire more than 6,000 young people at a one-day event on Thursday at participating restaurants across the country.

McDonald’s says it’s aiming to hire the largest number of young people it has ever attempted to employ in one day in Canada.

THE CANADIAN PRESS

More focus on the self

Twitter redesigns for the Selfie Age

As Twitter looks to broaden its appeal beyond its 241 million users, the company is introducing a redesign of profile pages that includes bigger photos, more user controls and a distinct resemblance to Facebook.

As part of changes coming in the next few weeks, users who access Twitter via the Web will notice larger photos on their profile pages. THE ASSOCIATED PRESS

Half a million in Canada

Toyota recalls 6.39M vehicles

Toyota Motor Corp. is recalling 6.39 million vehicles globally, including more than half a million in Canada, for a variety of problems spanning nearly 30 models in Japan, North America, Europe and other places.

Toyota Canada issued two separate recall notices affecting a total of 513,401 vehicles on Wednesday as part of the global initiative.

THE ASSOCIATED PRESS

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Saturday: 11am | 2pm | 4 pm
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GIVE UP YOUR SUMMER JOB SEARCH

HE SAYS

John Mazerolle
metronews.ca

Now that summer break has arrived for you university and college students, it's time to decide what your dream job is, because you'll be thinking about it a lot while you rot in some summer-job cesspool.

That's probably hard to hear after eight difficult months of alcoholism and plagiarism, but it's the truth, as cold and hard as the nickels you'll be stealing from the tip jar.

One of the only guaranteed jobs out there this time of year is writing tips for people looking for summer jobs (ka-ching!), and in my experience most articles like this one are far too optimistic, even naive.

They're all about networking and gumption and stick-to-it-iveness (formerly known as perseverance). Just put yourself out there and good things will happen, the advice goes. Lies, I say.

It harkens back to my parents' youth in New Brunswick, where job seekers simply grabbed the 'help wanted' sign in the window and handed it to the boss, who was so impressed by an N.B.er with basic literacy skills and opposable thumbs that the new hire was well on their way to becoming Senior Vice-President of 'Help Wanted' Sign Distribution. Or so I've been told.

But when I was playing this game 15 years ago, it was pretty painful. Mostly it involved looking at recipe cards tacked to a corkboard at a youth employment centre and praying that "pay negotiable" meant six figures or seven figures.

I'm ignorant of today's job market — no doubt it involves e-recipe cards robo-tacked to a World Wide Corkboard — but since the media has dubbed today's youth demographic "generation screwed" I'm going to assume things aren't super.

From what I've heard, the modern job seeker requires three call-back interviews, including one in front of a board of directors, just to apprentice for the guy who fetches the coffee, and even then it's an unpaid internship until you're 34.

It's pretty much hopeless. But I'm legally obligated to provide a few tips, so:

- It's not what you do, it's who you do.
- Crack the so-called hidden job market by surfing to the Canada Job Bank and typing up up down down left right left right B A.
- BuzzFeed's Which Career Should You REALLY Have? is pretty much can't-miss.

But the biggest advice I would give anyone looking for a summer job is: Avoid it if you can.

I'm not even kidding. If you can avoid it at all — either because you're spoiled or you're cheap — then do it. Working in between school years makes the whole summer seem like life's longest Sunday, melancholy and muted even when it's nice out.

I know that supposedly makes me irresponsible then and now, but, trust me, you will not look back and say, "I wish I'd joined the workforce sooner."

Instead, inform your friends that you're looking to travel or party or vegetate and that they should join you. 'Help wanted,' in other words.

ZOOM

It's rather en-lightning

COURTESY CRAIG ECCLES/SOLENT NEWS & PHOTO

Electrical storms get oohs and ahhs

A thrill-seeking storm chaser captured the precise moment these giant lightning bolts lit up dark skies in a series of incredible storms.

Craig Eccles, a photographer from Perth, Western Australia, travels up to 500 kilometres in anticipation of a powerful storm – all for the sake of capturing that ferocious majesty on camera.

METRO

Photog's viewpoint

"I have seen lightning bolts stretch for miles across the sky. For me, it's not all about the lightning bolt — sometimes it's about being in pitch black and in a split second, it appears as day."

Craig Eccles, photographer from Perth, Western Australia

How and when?

- Electrical potential builds up inside clouds, between water droplets with either a positive and negative charge. This potential is discharged in the form of lightning
- The frequency of flashes worldwide is about 50 times per second (that's 4.3 million times a day).

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MetroTube

One cat not a fan

ANDREW FIFIELD
metronews.ca

Much of the feisty behaviour we find so amusing about cats can be attributed to their displeasure for treading on their turf or ignoring their critically important needs.

"You think you can ignore my hunger at 5 a.m.? My raking at this blanket begs to differ."

This cat goes from fuzzy guitar groupie to feisty heckler based on a similar complaint. "Listen, Duane Allman. I'm in charge of licks around here."

Luckily, lame puns and their accompanying groans are for humans only. Or I'd be in a lot of trouble with my cat today.

FLICKR

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Phil Hanley knows how to kill

Stand-up. Comic walks the line between improvised and orchestrated jokes

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Phil Hanley first started doing stand-up comedy between bands in Vancouver, delivering his act over the noise of tuning guitars and the glares of pissed-off musicians. Those tough crowds served Hanley well, as he's now a master of crowd work.

"To get people's attention, quite often you had to address them directly and then say the joke," says Hanley, who is now based in New York City.

"You had to deal with them one-on-one and often the shows where I started, it was easy to do one-on-one because there was like six people there. I saw that if you weren't engaging them directly then sometimes they couldn't pay attention for the 30 seconds it takes to get to the punchline."

Hanley doesn't rely exclusively on crowd work. He carefully crafts his material. During the 2008 Just For Laughs festival, the Montreal Gazette named his the Best Jokes of the Festival.

"I really enjoy doing both (joke telling and crowd work)," Hanley says. "I love to be in the moment and not know exactly what's going to happen when I'm improvising and then it's always fun to deliver a joke that you've crafted out."

Hanley's ability to be in the moment served him well during an appearance on CBS's The Late Late Show with Craig Ferguson. During Hanley's spot, Ferguson interrupted with a "Damn straight, kid!"

"For me it was fun because it's a TV set, but that's what happens all the time when you're doing a regular club show, so I'm glad he did it," Hanley says.

For that same show, Hanley had the daunting task of following Ferguson's previous guest, Tom Hanks.

"There's a character on the show that is a horse and at one point Hanks got on top of it, so I followed Tom Hanks (climbing) on top of a life-sized puppet," Hanley says.

"While Hanks was murdering, I was thinking to myself, there's a story of when The Beatles first played Ed Sullivan and a comedian had to follow The Beatles. I said that to Craig when he came over to shake my hand and he goes 'That's exactly what I was thinking.'"

Quoted

"I love to be in the moment and not know exactly what's going to happen when I'm improvising."
Comedian Phil Hanley

Check it out

Hanley makes two appearances at the Winnipeg Comedy Festival on Saturday:

- First up is CBC Radio's The Debaters at the Metropolitan Entertainment Centre at 2 p.m.
- Then he'll be at the Saturday Late Gala: Special Delivery at Pantages Playhouse Theatre at 9:15 p.m. Tickets are $45. Check out winnipegcomedyfestival.com

Canadian comic Phil Hanley will make two appearances at the Winnipeg Comedy Festival. CONTRIBUTED

Mad Men tells no tales for last time

Hush-hush final season. Show's creator muses on the strangeness of no more secrets

Chat with Matthew Weiner these days and you feel the added depth of his Mad Men immersion.

When its bifurcated final season begins Sunday at 10 p.m. EDT on AMC (with seven episodes, to be followed by seven more next year), the second of those final hours will be shooting, while the fifth of seven final scripts will be taking shape on the page.

And then?

The looming end has taken root in the Mad Men conversation among fans, even as they mark time waiting for the 14 new installments.

Meanwhile, Weiner, as the auteur of this landmark drama series, voices both resolve and wonderment at his task of bringing Mad Men in for a landing.

His goal, he says, is not to wallop the audience with a grand parting shot, but something more gently profound: "To leave the characters in a place where they're going to be in viewers' imaginations forever."

Weiner has said many times he hit upon some semblance of that "fitting end" several years ago.

And yet: Pulling the plug on a TV series goes against every instinct of the person in charge, he says — the person whose primary duty is to keep the show alive and well, week after week.

Even for a series veteran like Weiner (who was a writer-producer of The Sopranos as well as the sitcom Becker), his mission to end Mad Men is "a totally antithetical thing, an exercise that is outside my realm of experience."

Last season's fade-out found Don Draper (series star Jon Hamm) who, at the series' start was fiercely guarded about his past, coming clean to his three kids: Don stood with them outside the former whorehouse where he, born Dick Whitman, was raised as an orphan.

Now, how does the new season pick up the action?

Creator Matthew Weiner talks with actress Jessica Pare on the set of Mad Men. JAMIE TRUEBLOOD/AMC/THE ASSOCIATED PRESS

As usual, Weiner made sure the preview he shared with TV critics was accompanied by a laundry list of details not to be divulged: Things like when it takes place and what's going on with Don's work and private life.

What, then, can be shared? That the episode, written by Weiner, is richly satisfying. That the cast remains terrific. That the series seems headed confidently down its home stretch. Pretty much the rest is meant to stay hush-hush.

But secrecy is not simply an obsession for Weiner. It's a marketing strategy that serves Mad Men well.

Going into the final season

"To leave the characters in a place where they're going to be in viewers' imaginations forever."

Mad Men creator Matthew Weiner

"This was a decision I made at the show's pilot stage," he says. He pointed to January Jones, who plays Don's ex and at the show's inception was still his wife. "She was not part of any of the press material for the first season, because I didn't want anyone who watched the pilot to know until its final moments that Don was married."

Weiner laughs, recalling the first table read for this obscure new series on an also-ran network as he demanded confidentiality from his cast.

"Everybody looked at me like we'd be *lucky* if spoilers were a problem for this show. "They were thinking, 'You *really* want us to keep things a secret?' THE ASSOCIATED PRESS

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Mark Rendall. After a two-year break, actor takes the helm of his career

Actor Mark Rendall prepared for his new film by not preparing. At least not in the traditional sense.

He co-stars in Algonquin with Nicholas Campbell — who Rendall calls "a legend" — in a story about estranged fathers, newfound brothers and a young man who discovers what makes family truly important.

Rendall, who has been acting in films like Childstar and TV shows such as Hannibal since the age of 10, calls the new movie "the first dramatic lead I have done at a more mature point in my life."

More mature physically, but also in life experience.

"I took two years off from acting to go to school and find out what I really wanted," says the 25-year-old.

"I wanted to explore other things because I had been acting for so long. Algonquin is the first performance I did coming back onto it. I did so much in those two years that had I continued acting I wouldn't have experienced. I feel a good actor is someone who has lived and isn't pretending to emote or show an experience on screen, but is actually feeling it.

Mark Rendall, right, stars in Algonquin, which opens in Toronto on Friday.
CONTRIBUTED

"Someone who has been there. I needed those experiences and time away to grow in ways that I feel acting would have sheltered me from."

He continued leading a creative life, just one away from the camera.

"When I wasn't acting, I was taking instrument building classes. That is a real passion of mine. I really respect Daniel Day Lewis for learning how to become a cobbler. I think that is beautiful, because one thing you miss when acting is working with your hands or doing really organic artistic endeavours that you're in control of.

"In the end, with instrument making I'm the one editing, directing, buying the material and producing the end result. It's an individual and personal process — more so than acting, I think.

"Acting is not a one-man operation. It's a team, it's like being part of a family for a while with lots of people working to make something.

"There is always a director and a writer and you're always kind of portraying someone else's dream, but to actually be in control of your own dream is amazing." RICHARD CROUSE/METRO

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See that symbol? It means you can scan this image with your Metro News app to see a video of the Trailer Park Boys telling you why you should watch their new film

Trailer Park Boys are still living the dream

Don't Legalize It.
Ricky, Julian and Bubbles are back and drunker than ever

LIZ BROWN
liz.brown@metronews.ca

As my photographer and I file into a suite at Toronto's Grand Hotel, we're hit with the stench of stale cigarettes and sweat-out liquor.

Bubbles horks a snot rocket before offering to shake hands with us. Ricky and Julian follow suit — sans loogie — and the trio settle into the overstuffed microsuede couch to talk about their upcoming movie, Don't Legalize It, the third feature film for the Trailer Park Boys.

Three movies and an enduring TV series (a new 10-episode season will debut on Netflix later this year) isn't too shabby an accomplishment for the trio from Dartmouth's Sunnyvale Trailer Park. But the boys don't let the success get to their heads. They're still living hard and while they were here for the Toronto premiere of Don't Legalize It, they made the most of their time in the big city.

"It's fantastic," Bubbles says when asked how he's liking Toronto.

"We like it," groans Julian behind a pair of dark aviators. "We were up late last night."

How late?

"Oh, about 7:30 a.m.," says Bubbles.

It's now noon and the sun is beating into the hotel room.

But Bubbles insists they were only drinking cherry colas. I should've been a better journalist and clarified — though I'm pretty sure he meant the type of colas made of spiced rum and amaretto.

Ricky has been silent so far, slouching on the far end of the couch, hiding behind a pair of sunglasses and looking slightly sweaty. But we want to hear from him — he's the real star of this film, after all, as he treks to Ottawa in a camper van to make an inspired speech about why it's a mistake to legalize dope.

He looks a little ashen but tries his best to articulate his arguments. "I think if they're going to legalize it, they should at least let the people who are growing and selling it like me keep doing their job," he says.

"There's enough unemployment. If they're going to legalize it, they should be doing it the right way; it shouldn't just be the government just taking all the money. Their dope is probably going to suck, you might not be able to get honey oil or hash any more, so I don't know if it's a good thing."

I think that's the best I'm going to get out of these still-drunk boys, so I wrap the interview.

But later that night, at the after-party, after the premiere of the film and a few downed cocktails, I see Ricky. I flip him the bird and tell him he has some off to f—k. "That was a terrible interview," I tell him. "Maybe the worst ever."

"What do you want from me? I was hungover as f—k?" he shoots back.

Fair enough.

As if to make amends, he invites me to do a shot. I oblige. Even after a decade, life is still good as a Trailer Park Boy.

Trailer Park Boys 3: Don't Legalize It, opens in theatres next Friday, April 18. LIZ BEDDALL/METRO

Quoted

"Their dope is probably going to suck, you might not be able to get honey oil or hash any more, so I don't know if it's a good thing."
Ricky on why we shouldn't legalize pot

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Tina Fey and Amy Poehler. ALL PHOTOS: GETTY IMAGES

Wish granted: Tina & Amy to star in sister comedy

How is it that we can put a man on the moon, but Amy Poehler and Tina Fey have only starred in one film together? And that film was Baby Mama? (Mean Girls doesn't count. They had supporting roles in that.) Luckily, things are about to change. According to the Hollywood Reporter, the stars of 30 Rock and Parks and Recreation will co-star in The Nest, a dark period thriller. Just kidding, it's a comedy, obviously. The Nest is about adult sisters (they're playing sisters!) who find out that their parents are selling their childhood home, so they decide to throw one last big party there. In the process, they learn to mature. The Nest will be directed by Jay Roach, who also directed Pitch Perfect. It's written by Paula Pell, a former Saturday Night Live writer who also played Pete's wife on 30 Rock.

After 27 years, Tom Ford and his partner have fashionably late nuptials

Fashion icon Tom Ford is officially off the market, as he and his partner of 27 years, former Vogue Hommes International editor Richard Buckley, recently tied the knot in a very quiet ceremony, according to Vogue. Ford let the news slip casually while speaking at the Regent Street Apple Store opening in London earlier this week. "We are now married, which is nice," Ford said. "I know that was just made legal in the U.K., which is great. We were married in the States."

Tom Ford

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Gwynnie might need practice at conscious uncoupling

MELINDA TAUB
Metro World News in New York

Moses Martin, the son of Gwyneth Paltrow and Chris Martin, turned eight on Tuesday, and Gwyneth posted this sweet pic on Twitter for his birthday. Yeah, happy birthday, Moses — now run and play, because we need to talk to your mom about something.

Check out her hand in the photo. Despite her much publicized "conscious uncoupling" from Chris Martin, it appears that Gwyneth is still wearing her wedding ring. That's assuming this is a current photo, of course, which seems likely — Moses' "Aw, Mom" expression certainly looks like an eight-year-old boy to me.

So what do you think is the deal with the ring? I'd say maybe she's not ready to remove it, but I don't think Gwyneth Paltrow has ever shown that kind of emotional weakness in her life. And I say that with tremendous and earnest respect. She's an oil-pulling, hydrangea-stroking pillar of steel. No, the ring must be a deliberate step in her conscious uncoupling. Unless her conscious uncoupling has gone so well that she's already remarried to someone else.

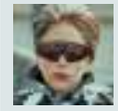
Kate Mulgrew

Big Red in a new film that makes some big claims

Say it ain't so, Captain Janeway. Kate Mulgrew, who currently stars as Big Red on Orange Is the New Black, is part of a new movie about geocentrism — the belief that the sun orbits the Earth. Mulgrew, who also spent seven years playing a starship captain on Star Trek: Voyager, narrates The Principle by ultra-conservative Robert Sungenis, who maintains the blog Galileo Was Wrong. So is Mulgrew a devotee of Sungenis' extremely bogus theory? Unclear. She does say that "everything we think we know about our universe is wrong" in the trailer, though apparently not everyone who was in that trailer chose to be there. On second thought, let's hope she really does buy into geocentrism, because that would probably break new ground in the realm of weird celebrity beliefs.

Twitter

@TheRock
Alright.. 3 hrs sleep, but kickin' jet lag's ass. Its time to work.. Good morning from lovely London.



@ladygaga
just basically ate all the birthday cake I was supposed to eat last week but had shows so I dieted it was so good. it was yummy yums

@WhitneyCummings
People: please make your emails funnier in general

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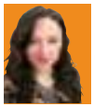
See that symbol? It means you can scan this image with your Metro News app.
Closet alert: Get clutter under control. East Coast celeb decor expert Jordan Hipson shows us how!

LIFE 3

Spring clean your style

Won't you let them live?! In the spirit of reducing, reusing and recycling, we look at three ways to deal with your done-for duds this spring without tossing them in the trash



ELIZABETH BEDDALL
elizabeth.beddall
@metronews.ca

Whether you've stuck to your New Year's resolutions or not, the sun is coming out and revealing that you are a different person than you were back when the halls were being decked.

Spring is almost here and it's time to reassess that wardrobe. But what do you do with those piles of threads that no longer thrill you? Let us give you a few fashionable tips for figuring that out.

Sell 'em

Sites such as Craigslist, Kijiji and eBay Canada have made it easy for regular folks to become retail mavericks. If you've got a few pieces that you picked out in a fit of passion, but never quite figured out how to flaunt, selling them to a more suitable style hunter might be the way to go.

But if you've never opened up shop on a web-based platform, it may be difficult to know how to get visitors to even give your garments a second look.

Perfectly distressed denim jeans, how I've loved you so, but it's time to let you go. ISTOCK

London-based luxury gown designer Farishta Zarify, who won the eBay Canada 2013 Entrepreneur of the Year award for her successful online store, says it's all about the visuals.

"It's online shopping, so you're taking away the experience of seeing the item in person," says Zarify, who recommends taking plenty of photographs of each garment in proper lighting and with a simple background.

"Also make sure to list all the defining characteristics like brand name, size and measurements so the customer knows exactly what they're going to get."

Donate 'em

There's arguably no better way to feel good about saying goodbye to your garments than by giving them away to a great cause.

There are plenty of organizations across Canada that will accept your gently used clothing, including The Salvation Army and Clothesline for the Canadian Diabetes Association.

And what if spring has brought with it a brand new job and you no longer need that blazer and those flashy flats?

Turn your charitable sights to Dress for Success, a worldwide organization with locations across Canada, which helps to promote the economic independence of disadvantaged women by providing them with professional attire received via drop-off donation.

"In the process of picking out an outfit and having a conversation with a volunteer stylist, our clients are transformed," says executive director of Dress for Success's Toronto chapter, Paige Souter.

"They start to believe that the next chapter in their lives will be better than the part that they're leaving."

And if you've had a pile accumulating in your closet for ages but lack the means to lug it to your local donation box, you can pay a quick visit to donationtown.org, an online directory of charities that offer donation pick-up service.

Rework 'em

Welcome to the generation of DIY, where every item can be manipulated into something even more magnificent. So don't give up on that garment – it's got life in it yet! To prove this to you, we asked Alana Kumar, the Victoria, B.C.-based creator of DIY blog dreamcreate.ca, to suggest four ways to breathe new life into your wardrobe:

- Use your scissors! Sometimes clothes have unnecessary ruffles, bows, etc. Say a prayer to the DIY gods and start having fun. Cutting ruffles can transform a girly top or dress into a much more classic silhouette, and give your piece a second chance.
- Turn a dress into a skirt. Take a maxi dress and simply tuck the top under. Now you have a new maxi skirt that you can pair with any top.
- For pieces with a few layers like a dress, try removing the top layer with a pair of scissors, sometimes the "shell" of the dress is more beautiful and simple than the original.
- For pieces with a few layers like a dress, try removing the top layer with a pair of scissors, sometimes the "shell" of the dress is more beautiful and simple than the original.

Canadian street style

Spotted in: Toronto

Name: Amanda Assing

Age: 32

Occupation: EA at Juniper Park and Open Studio contributor

What she's wearing:
"This black gem of a coat I found in this little vintage store in New York. I died. It's boiled wool and collarless. Reminded we of a collarless Chanel coat and I literally wear this everyday. These pants strangely are from the Gap — the loose fit is perfect for running around on the job. Club Monaco top is classic and translates in any country. Alpaca wool scarf is a find from Kensington market and it's ridiculously warm."

Her inspiration:
Mash-up of Emmanuelle Alt + loose patterns prints.

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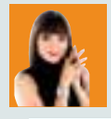

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Electric! From the get-go @Cher took the stage+ignited the crowd! Ageless+fearless , she's survival personified.

Colour splash clothing

Squint your eyes: This selection makes Crayola crayons look drab. Yes, this spring is the season to step out in a shamelessly bold and bright ensemble.

METRO WORLD NEWS

Uniqlo cashmere crewneck sweater, $90, uniqlo.com

Nike Internationalist sneakers, $132, asos.com

Zara bomber jacket, $99, zara.com

Band of Outsiders chinos, $250, mrporter.com

Remember when harem pants were trendy in the '80s? Well, it looks like they're back in style for spring. Go online to Trends Report to see which celebs have been spotted wearing them lately and let me know: Are you glad these baggy bottoms are making a comeback?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images

Bonsai, the haiku of the tree world

In rare form. Ancient technique of shaping trees is the zenith of container planting

A bonsai in the Brooklyn Botanic Garden's collection. BROOKLYN BOTANIC GARDEN/THE ASSOCIATED PRESS

Many people have a bonsai story: A first bonsai, a struggling bonsai. And many of these stories do not end happily, at least for the bonsai.

But the very best bonsai stories are about passion and beauty and transformation.

"A dewdrop hanging for a split second — that is bonsai," said Julian Velasco, the curator of the Brooklyn Botanic Garden's bonsai collection and C.V. Starr Bonsai Museum. "It's very Zen-like. It's awesome."

For Velasco, who nurtures over 350 bonsai trees at the botanic garden — one of the largest and oldest bonsai collections on public display outside Japan — it all started with a bonsai he purchased as a young man at a street fair in San Francisco.

"Pretty quickly I knew it would be a lifelong path," he said.

"When you see the Grand Canyon or Yosemite, you are taking in the emotion of the place as much as the visual image," and bonsai is about that emotion, he said. It is the haiku of the tree world.

"About 30 years ago, a friend brought a bonsai for me from Hawaii, and I've been hooked ever since. Now my wife and I have hundreds of bonsai," he said. "Bonsai are a long-term commitment, though, and most take at least a decade to create. Some can hardly go a day without some kind of care. It's almost like having a pet."

Although Velasco said the ultimate goal is to "open your heart to the tree," he has a few more practical tips for novices.

The first is to choose a variety of tree suited to your environment. Bonsai are trees or shrubs, and most varieties should be grown outside, where they require a period of dormancy in winter.

For most people, however, who want to grow their bonsai indoors or keep them outdoors only in warmer months, tropical varieties like the ficus or Australian brush cherry, with its interesting flower and bark, are good choices. Both are sturdy enough to endure a few beginners' mistakes, do well indoors and can be kept outside so long as temperatures are above 16 degrees Celsius.

Another good option, particularly for people with access to an outdoor growing space, is Chinese elm, which is adaptable and can also be grown indoors.

The next step along the continuum of hardiness is junipers, particularly Chinese and procumbens varieties. Small varieties of azaleas, which are sturdy with nice leaves and flowers, are also popular among bonsai enthusiasts, Velasco said.

Outdoor bonsai are delicate, however, and need to be protected once temperatures reach -6 degrees C.

"Most people will bury just the pot part of the bonsai in soil and mulch up against a house or fence to protect it from drying winds. Burying the pot evens out the temperature for the roots so there are no sudden drops or super hard freezes," Velasco said.

Another strategy is burying just the pot part of the bonsai under a bench in the winter, and covering the bench with some clear plastic.

In addition to selecting the right variety, beginners need to understand bonsai stress and watering, Velasco said.

"A lot of times people bring home a bonsai and it drops its leaves and looks unwell. It's just stressed out. It needs time to adjust, and a little patience," he explained.

"Monitor the water very carefully. Without leaves it won't need as much water. Hold off on water until the soil dries out. And little by little, when you hold off on water, buds will start to appear. And as that starts to happen, the need for water will start to increase."

Many bonsai growers keep the tip of a chopstick deep in the soil toward the back of the pot as a moisture gauge.

"If the chopstick is moist you don't need to water. But you never want the roots in the pot to get completely dry. Water it only when it's almost dry," Velasco said.

Water from the top down and make sure the water drains out the bottom of the pot.

As for pruning, allow the tree to grow five to seven leaves before pruning it back by about two leaves of the new growth, Velasco said.

"Only prune what's actively growing. Trees need to grow to be happy and healthy," he said.

"If you're on top of your game, the tree will repay you by being healthy and beautiful. Just try to appreciate what the bonsai is trying to express to you."

THE ASSOCIATED PRESS

Bonsai for beginners

Bonsai, Japanese for "planted in a tray," originated in China in around 200 A.D., and the art spread several hundred years later to Japan. The art of bonsai was introduced to the U.S. in the late 19th and early 20th centuries, and at least one of the Brooklyn Botanic Garden bonsai trees is more than 200 years old.

- Bonsai is horticulture, art, philosophy and even a way of life in the form of a single tree, lovingly pruned and trained to exist in a small pot so that it reflects the majesty of the natural environment, explained Julian Velasco, the curator of the Brooklyn Botanic Garden's bonsai collection.
- Luckily for beginners, learning to nurture a bonsai has never been easier.
- Expert help, once found only in Japan or China, is now more readily available at bonsai clubs and shops around the world. The American Bonsai Society lists bonsai clubs across the United States and Canada, and Bonsai Clubs International lists clubs worldwide.

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Green thumb or no, these are good to grow

Indoor decor and more. Plants pretty enough to eat or sturdy enough to neglect

Homeowners who are wary of growing plants indoors, especially if they travel often or are prone to forgetting to water, might want to consider a variety of low-maintenance plants that breathe life and design into a room.

"I've actually been starting to put plants into all of my projects," says Kyla Bidgood, an interior designer. "They just bring a whole other level of life and cosiness to a space."

The Victoria-based Bidgood says there are easy ways to bring plants into a space, even for those without a green thumb.

Living on air

"A great way to add some greenery to a space that is really low maintenance is air plants," she says.

Tillandsia, also known as air plants, are native to the forests, mountains and deserts of Central and South America, the southern United States and the West Indies. They don't need soil because water and nutrients are absorbed through the leaves, and their roots serve only as an anchor.

"They are awesome, and you can put them in everything," says Bidgood. "There are lamps where you can put something in the base of the lamp, and you can pop an air plant in there."

High and low

Combining plants of various heights and kinds is a great way to create dimension and design in a room.

In her living room, Bidgood combined a tall blood orange tree with a smaller rubber tree to create a visually interesting vignette.

Citrus appeal

"If you have the natural light and have a green thumb, citrus plants are great," she says. "They produce beautiful fruit you can actually eat, but they do need more water and light."

Bringing edible plants indoors, like citrus trees, not only adds colour and life to a room, but it also allows homeowners to have a taste of spring in their home year round.

Edible flowers

Judy Kenzie, owner of Strathcona 1890 Urban Seed Collections, grows her garden in containers around her yard and indoors.

"This year, I tried to grow edible flowers inside," she says. "I wanted to try it and germinate, and grow them inside."

According to Kenzie, growing edible plants inside often requires some experimentation, and a willingness to see the plants homeowners may already have as food.

"What a lot of people don't realize are things like pansies that you can buy as indoor potted plants are edible flowers," she says. "You could have those flowers on your window sill and they would be beautiful, and you can throw them in your salad."

Pea plants are another option for injecting pops of colour into your kitchen, while also being great to add to salads and sandwiches.

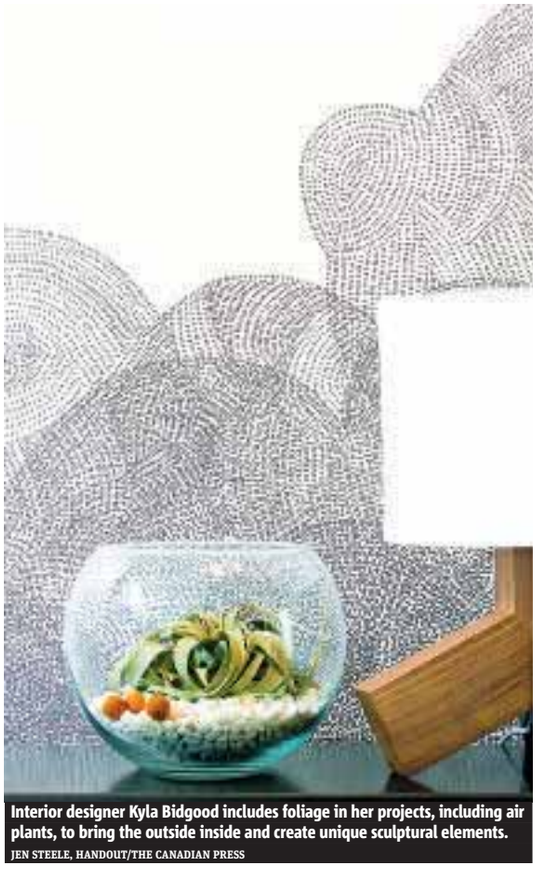
Even though a homeowner would have to pollinate the plant to get peas, Kenzie explains, the rest of the plant is edible from the flowers to the leaves.

Greens year-round

A piece of equipment Kenzie hopes will become a fixture in every kitchen is a grow light, which allows homeowners to grow lettuces and salad greens year-round.

Grow lights are commonly used by gardeners to help start seeds indoors in the spring, but Kenzie says homeowners could use them to nurture greens to supply their household, and even their neighbours, throughout the cold winter months.

THE CANADIAN PRESS



Interior designer Kyla Bidgood includes foliage in her projects, including air plants, to bring the outside inside and create unique sculptural elements.
JEN STEELE, HANDOUT/THE CANADIAN PRESS

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The perfect bedside companion

A bedside table is the last thing you see at night and the first thing to help you out of bed in the morning. For most of us, it's a bookshelf, lamp and clock holder, medicine cabinet and refreshment centre. Choosing the best nightstand is essential. Here are a few guidelines to getting it right

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Retro living: Shelving built in to the headboard takes up barely any floor space. Andes White Bed, $900, CB2.com.

Size it up

- For good scale, choose a nightstand that is approximately half the width of the bed
- Ideally, your nightstand should be two to four inches higher than the top of your mattress. Modern beds tend to have very low mattress heights while traditional sets are quite high. Note: Mattress heights vary from 18 inches (from floor to top of mattress) for a modern bed to as high as 36 inches for a traditional bed.
- The depth of the nightstand should be less than 24 inches, which will make getting out of bed easier.

Function junction

- A drawer is a necessity for medications.
- Open shelves keep reading materials accessible.
- Small dressers and chests with multi-drawers are great for small spaces. One on each side of the bed can replace the storage of a regular dresser in the bedroom.
- Open legs give a lighter look to the nightstand and keep a cramped room feeling spacious.

Perfectly modern: Hidden storage, open shelves and display make for a great bedside companion. Canadian designer Tim Antoniuk's Arctic 1 Nightstand, $630, UrbanMode.com.

Style savvy

- Mirrored finishes offer a transitional style and give a reflective, open feeling to a small room. If choosing a wood finish, match it to the bed or other furnishings you have in the bedroom.
- A matching nightstand on each side of the bed help create continuity. This helps to reduce the visual clutter when decorating.
- Topping a tired antique nightstand with grey marble or stone will protect and give a new look to an old treasure.
- Many of the '70s retro-inspired beds have built-in nightstands for a sleek look.

Small space winner: A mirrored, slim-styled console dresser saves space, reflects light and offers great storage. Hayworth Console Chest, $560, Pier1.ca.

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All hands on deck

Spruce up your favourite outdoor room now, then relax in it all summer long. CONTRIBUTED

Get on board. Paul Lafrance has timely tips to get outdoor space shipshape for summer

The days are finally getting warmer and it's almost time to enjoy our backyards again. But after a long, rough winter what used to be an outdoor oasis may be in shambles. Luckily, deck guru Paul Lafrance has some tips and tricks for easy weekend makeovers that will keep your outdoor space beautiful, inviting, and stress-free for the summer ahead.

Stain the deck
Guaranteed this winter had snow and ice accumulating on your deck. If you don't have composite decking, you need to avoid those water stains on the wood by sanding and staining it. Do this as soon as the weather hits 10 degrees so that you are doing the work when it's still a bit chilly outside instead of on a beautiful day when you'd rather be on the deck relaxing.

Consider composite
If the structure of your deck is sound and the framework is lasting, then the best possible thing you can do for your sanity and the resale value of your home is to replace the deck boards with composite decking. This is easily a weekend project and will save you hours of maintenance in the future when you simply need to wash it clean instead of staining it.

Rethink your railings
To add more of a design flair to your deck, consider other options outside of the traditional wooden railings. Change them to glass for an upgraded view, or choose colours like black, white, or bronze to better suit your taste. You can even add railings with mirrors for a more interesting look.

Light it up
I cannot stress enough how important lighting is to design, and how much it can transform an outdoor space. You don't need to be an electrician to incorporate LED lights with your deck, or to add lights that will help you see better and boost the ambience at night.

Invest in furnishings
Deck furniture has been completely revolutionized from the past — there are outdoor furnishings now that are being mistaken for living room furniture. You can make over your whole space with some chairs and tables, or even create the effect of a room by adding an umbrella to a dining or living space outdoors.

Add privacy screens
Privacy screens are a great way to not only add privacy to your backyard space, but to also create a focal point and a creative "wow" for guests. Instead of simply copying the fencing that you have and making a screen out of it, consider incorporating something more decorative that suits your design tastes. You can choose anything from faux stone to something with a hanging water feature. If you can see it from inside it makes the outdoor space even more inviting.

Decked Out

Watch Paul Lafrance in all-new seasons of Decked Out and Disaster Decks, Tuesdays beginning at 9 p.m. ET/PT on HGTV Canada.

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Take up the vase for flowers

Gather roses and other buds in new ways.

Vases varied as flowers offer frame and focus

We've been picking flowers and sticking them in containers for thousands of years.

The early Egyptians did it, as did the Chinese. Feng Shui guidelines for creating harmony in a home suggest placing vases of fresh-cut flowers throughout the dwelling to relieve stress, and increase productivity and creativity. Ikebana, the 600-year-old art of Japanese flower arranging, became a craft of high regard, with a spiritual element.

Today, artisans, designers and even florists continue to dream up interesting new vessels.

Visually anchored

New York City-based floral designer Matthew Robbins has created a simple line of vases for Teroforma that takes some of the guesswork out of flower arranging. Each vase — Bud, Cutting, Bouquet, Branch — describes what works best in it, and each is crafted of the same neutral white bisque porcelain, with a subtle yet referential etched motif (see teroforma.com).

Chive's Pooley 2 bud vases come in eight or 12 vase configurations and attach to a rectangular base. CHIVE/THE ASSOCIATED PRESS

"We wanted to create a line of vases that provided a perfect visual anchor for fresh flowers. Clean shapes and surfaces are wonderful; they keep the focus on the flowers," says Robbins.

Bristling with colour

The Museum of Modern Art's store offered several interesting vases at this spring's design preview in New York. French design team Charlotte Arnal and Francis Fevre's Zouzous Brush vase is a polycarbonate receptacle enrobed in a shaggy coat of colourful polypropylene bristles.

Naval gazing

Also at the MoMA store, Charlie Guda perches a narrow vial in front of a small yet powerful lens to magnify a single flower. Guda created the Big Bloom vase as homage to 18th century French physician Augustin-Jean Fresnel, who invented a lens to enhance the brightness of lighthouse lanterns and contributed to naval navigation safety.

Chalk-full of fun

And Ricardo Saint Clair's playful chalkboard-faced vase gives you a surface to add an image or a message, and comes complete with chalk; visit momastore.org.

So many feels

Bliss Home and Design has an array of ceramic vases with textural elements that add drama: The Pompon vase is festooned with white balls; the Sea Sponge is made of layers of glazed clay resembling fronds of ocean sponge, and Monkey Paw is made of dozens of iridescent ceramic blooms. Visit blisshomeanddesign.com.

Glass menagerie

Waterford's Evolution series has some striking examples of artisanal glasswork. The Menagerie Trinidad vase interprets the markings of a graceful ocelot, while the Nairobi invokes the bold stripes of a zebra. The Agate vase was inspired by the colours and concentric bands of quartz agate. Visit macys.com.

Euro splash

Ikea's Socker vase is an enamelled steel-and-eucalyptus-handled bucket of diminutive proportions, so flowers displayed in it have the look of a European flower market Visit ikea.com. THE ASSOCIATED PRESS

Chive talkin'

Toronto-based design outfit Chive has decided to focus solely on selling vases.

- At the NY Now show in February, their booth was abuzz with buyers placing orders for Pooley 2, a cluster of glazed ceramic bud vases affixed to a slab, as well as the Hudson 4 collection of clear glass vessels in configurations ranging from simple single shapes (such as a hanging egg) to conjoined vases that form caterpillars or bubbles.
- A porcelain bird vase in grey, white, blue or black seems to rest on the flowers or greenery placed in a receptacle at its feet. See chive.com.

It's a good idea to carefully consider what you want in a house first before you start looking. STEPHEN COBURN/SHUTTERSTOCK

Understand the process

JENNIFER TAPLIN
For Metro

Buying a house can be an overwhelming financial decision.

First-time homebuyers tend to be highly educated and are quite thorough with their research by using online tools to find potential properties and calculate costs. But they aren't as confident when it comes to mortgages and the technical process of buying a house, said Terri Gibbons, with Canada Mortgage and Housing Corporation, who is based in North York, Ont.

"It is important for first-time homebuyers to determine how much they can afford before they begin the process, keeping in mind all of the upfront costs," Gibbons said. "It is recommended that first-time buyers seek out a mortgage professional and ask lots of questions and clarify their understanding along the way."

It's also a good idea to carefully consider what they want in a house first before they start looking, she added. Considerations include number of bedrooms, location, resale potential, and any renovation costs.

"It is costly to move, so these considerations are very important," Gibbons said.

When all the ducks are in a row and first-time house hunters find the right property at the right price, Winnipeg real estate lawyer Leandro Zylberman advises to take a breath before making an offer.

"When I get into the picture, it's usually after the offer has been signed and accepted," he said. "Once I get that, it's too late to make any changes."

If there are components of the offer the buyers don't understand, they can make the offer subject to lawyer approval, Zylberman advised.

This part of the process is made easier with advice of a real estate agent, who doesn't charge commission for buying a house, only for selling, Zylberman said, which is a definite perk for first-timers.

And don't forget about the closing costs, which can be more than moving and lawyer fees. Many provinces have a land or deed transfer tax that catches many first-time homebuyers unaware.

From start to finish, the homebuying journey can be a long one. According to CMHC statistics, first-time homebuyers take three months longer than repeat buyers to make their purchase. That's about 10 months total of planning.

Almost two-thirds of first-time homebuyers are younger than 35, where only 20 per cent of repeat buyers are younger than 35 years of age. A large majority, 82 per cent, of first-time buyers have a post-secondary education.

Become interested in rates

Borrowing money to buy a home is likely going to be the biggest financial commitment you ever make. So it's important to do your research and understand what you're getting into.

Here's a quick guide.

Interest rates
Homebuyers have enjoyed low interest rates for a while now. "And I think they're going to hold for several more months," said Toronto mortgage broker David Smith. "By the fall, we're probably going to see 3.09 and 3.1 perhaps, and these are still extraordinary low rates and cheap money."

Down payment
Put down at least 20 per cent of the home price, advises Will Britton, a financial adviser in Kingston, Ont., and a member of Advocis, the Financial Advisors Association of Canada.

You will qualify for a conventional mortgage loan, which is equal to or less than 80 per cent of the lending value of the property. Otherwise, a high-ratio mortgage requires mortgage loan insurance from a provider such as Canada Mortgage and Housing Corporation, and that will cost more.

Pre-approval
It's important to be pre-approved for a mortgage by a bank. "Given how competitive the marketplace is, if your offer has a condition on financing, you won't win the property," Smith said.

YLVA VAN BUUREN

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THE MORTGAGE
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Buying a home shouldn't be overwhelming.
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Personal lending products are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/TM Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Birch syrup flows through the province

Made in Manitoba. Delicious and sweet, it's a precious alternative to maple syrup

SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

Something sweet is happening up north. Johanna and Alan McLauchlan, owners of Rocky Lake Birch Syrup, are watching the weather in The Pas. There's a magic moment when the birch trees begin to run, releasing precious sap. Within the space of two weeks, they'll collect every drop from 2,500 trees, then transform the liquid into ridiculously delicious syrup.

It takes about 40 gallons of maple sap to make a gallon of syrup. When it comes to birch sap, you'll need around 120 gallons to make a single gallon of syrup. It's a precious commodity indeed. Rocky Lake hopes to produce 140 gallons of syrup this year, but it will only happen if the weather co-operates.

Supply never meets demand for this thick, dark treat, so every year, more trees are added to the production schedule. Rocky Lake offers two products: a pure syrup and a breakfast syrup. The latter has fructose added, sells for a slightly lower price and is delicious on pancakes.

Johanna describes birch syrup as having a molasses-like, fruity, nutty flavour. I will have to agree. I also detect a bit of smokiness in there, but it may just be the name playing tricks on my mind. It's fantastic as a glaze on meats and even better as a topping on cheesecake with berries on the side.

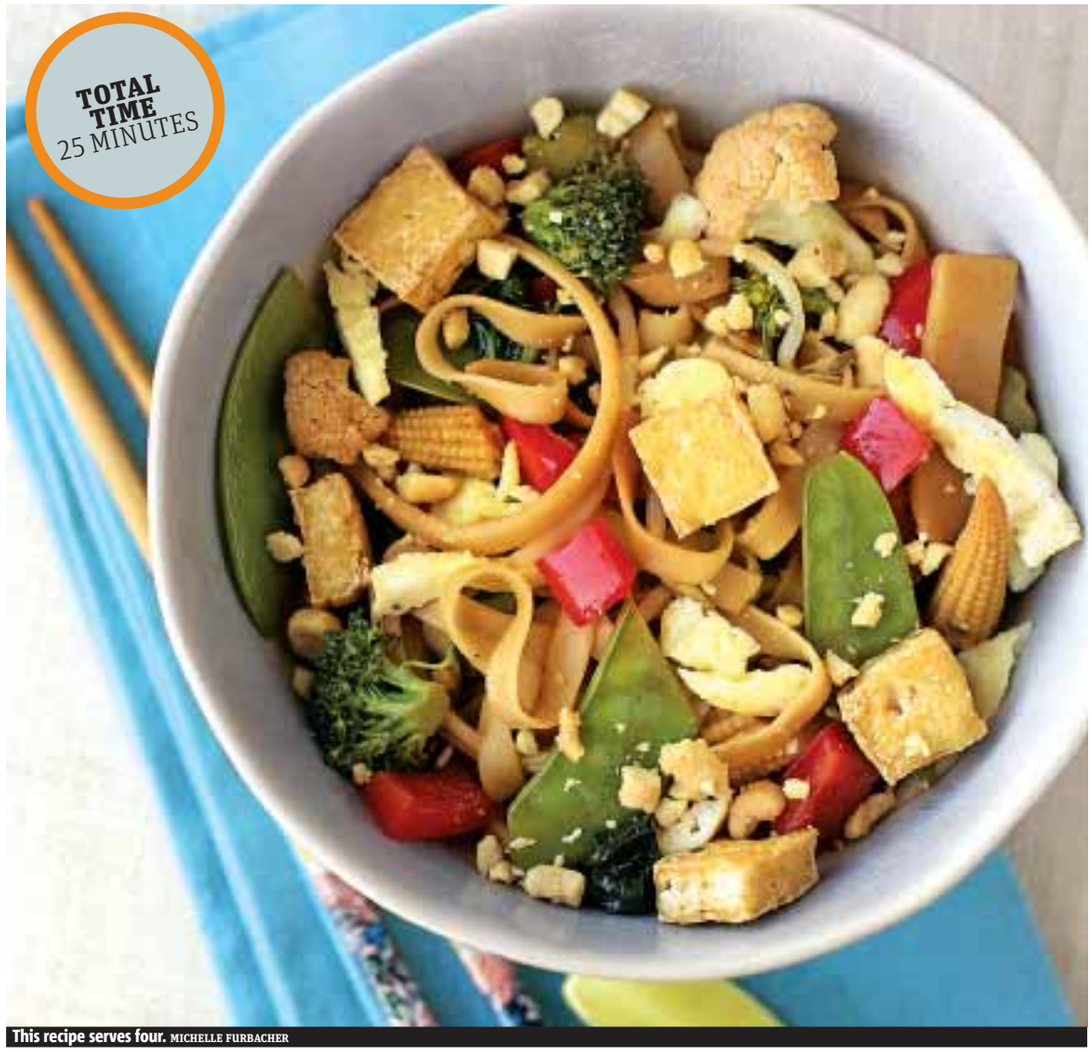
The pure syrup disappeared before Christmas last year. Some retailers may still have a few bottles of breakfast syrup on the shelf. The new crop will be available around June. Visit rockylakebirch.com for a list of stores that sell this delicious Made-in-Manitoba delight.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Got a food story idea? shel@shelzolkewich.com

Rocky Lake Birch Syrup hopes to bottle 140 gallons of the sweet stuff this season. SHEL ZOLKEWICH/FOR METRO

Did you know
the UN has declared 2014 as the International Year of Family Farming?
Celebrate and connect with local farmers, like the Ehls who are growing heart healthy canola!
Canola!
Manitoba Canola Growers

Quintessential Thai flavours compliment veg



This recipe serves four. MICHELLE FURBACHER

Vegetable Pad Thai.

Everyone's favourite street dish from Thailand goes vegetarian

"(Pad Thai) is a traditional national dish served all over Thailand. It's sweet and spicy with a hint of tartness thanks to the lime, and features a wide variety of vegetables," writes Linda Woolven in The All-New Vegetarian Passport.

1. Cook the noodles according to the package instructions.

2. In a large frying pan, heat the oil. Add the tofu and cook, stirring, for about 7 minutes, or until slightly browned. Add the egg (if using) and cook, stirring, for about 2 minutes. Add the bok choy, bell pepper, broccoli and cauliflower and cook, stirring, for 3 to 4 minutes. Add the mung bean sprouts, snow peas, baby corn, bamboo shoots, soy sauce, rice vinegar and chili flakes and cook, stirring, for 3 to 4 minutes. Add the noodles and peanuts and heat through. Serve with lime wedges to garnish.

RECIPES FROM THE ALL-NEW VEGETARIAN PASSPORT BY LINDA WOOLVEN (WHITECAP, 2013)

Ingredients

- 6 oz (175 g) wide brown-rice Thai noodles
- 1 tbsp (15 ml) first cold pressed extra virgin olive oil
- 2 oz (60 g) extra-firm tofu, cubed
- 1 egg, beaten (optional; omit for diabetes, multiple sclerosis, rheumatoid arthritis and vegan diet)
- 2 baby bok choy, chopped
- 1 medium-size red bell pepper, diced (omit for rheumatoid arthritis)
- 1/2 cup (125 ml) broccoli florets
- 1/2 cup (125 ml) cauliflower florets
- 1 cup (250 ml) mung bean sprouts
- Handful each of snow peas, canned baby corn, drained and rinsed; canned bamboo shoots, drained and rinsed
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1/4 tsp (1 ml) chili flakes
- 1/4 cup (60 ml) crushed unsalted peanuts
- lime wedges

FLASH FOOD

From your fridge to your table in 30 minutes or less

Go to Russia for traditional kasha

"(This is a) traditional Jewish dish from Russia that my mom loved," writes Linda Woolven in The All-New Vegetarian Passport. "The thyme is my addition — it's a good source of antioxidants — and buckwheat is a gluten-free grain, so it's great for celiacs."

This recipe serves four. MICHELLE FURBACHER

1. Place the kasha in a pot with 3 cups (750 ml) water. Bring to a boil on high heat. Reduce the heat to medium-low and cook, covered, for about 15 minutes or until tender.

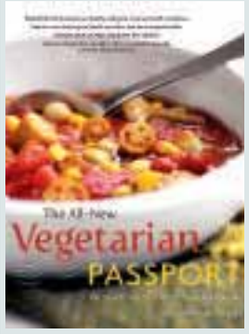
2. In a large frying pan, heat the margarine on medium heat and sauté the onions, stirring, for about 15 minutes. Add the mushrooms and sauté for about 7 minutes. Add the cooked kasha, stock, thyme, and sea salt and pepper to taste. Cook, stirring, for about 5 minutes. Serve immediately.

Ingredients

- 1/2 cup (375 ml) uncooked kasha (buckwheat)
- 1–2 tbsp (15–30 ml) dairy-free non-hydrogenated margarine, or first cold pressed extra virgin olive oil
- 2 large white onions, diced
- 4 cups (1 l) sliced button or fresh shiitake mushrooms (for use shiitake)
- 1 cup (250 ml) vegetable stock
- 1 tsp (5 ml) dried thyme
- sea salt and pepper (for use sodium substitute)

Cookbook of the Week

Around the world



Discover the best vegetarian delicacies from all over the world without leaving your kitchen.

In The All-New Vegetarian Passport, Linda Woolven exposes readers to international flavours that also help to create a healthy new relationship between your body and your plate.

The book boasts 350 of Woolven's favourite recipes and is split into sections that include North Africa and The Middle East, The Mediterranean, Europe, India, Asia, Latin America and The Caribbean, North America and more.

In addition to recipes, the book includes icons on each recipe to show readers which ones are best to make if they have cancer, celiac disease, diabetes, gout, heart disease, memory loss, multiple sclerosis, ostheoathritis or rheumatoid arthritis. METRO

For your phone

Filibaba Egg Timer (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This egg-shaped kitchen timer offers a fun, mechanical ticking sound and animated buzzer that goes off even if the app is closed. Custom themes include Easter, Christmas, and golden finishes.

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†Among gastroenterologists who recommended a brand of probiotic in Source Healthcare Analytics, LLC 2012 survey.
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Available at
SHOPPERS DRUG MART

MICHAEL JUNG/SHUTTERSTOCK

LEAVE A LASTING IMPRESSION

You have just seven seconds to make a first impression. And a ready smile, neat and appropriate attire, and fresh breath, especially, are all part of making a good one.

On the other hand, bad breath (as well as being grouchy, wearing ill-fitting clothing, and playing with your hair or moustache) leaves a lasting bad impression.

Here are times when good oral hygiene and body care are especially important.

THE COCKTAIL PARTY: There is no way around close contact at a social gathering. You are rubbing shoulders with strangers, having quick conversations with old friends, and spotting people across the room that you would really like to meet.

A JOB INTERVIEW: Problems like bad breath can definitely spoil your chances in an important job interview. There is going to be a handshake and a discussion, perhaps in close vicinity.

A FIRST DATE: Meeting a potential partner for the first time is stressful as it is. You don't want to worry about your breath. And you certainly don't want to find out that this person takes your breath away — in a bad way.

KARAOKE: Sharing a stage puts you in very close quarters with another person, and if you are belting out a song together into one microphone, yikes.

** Crest Complete toothpaste fights cavities. To ensure this product is right for you, always read and follow the label.*

THE AIRPORT: Whether you are arriving at the airport yourself or you are picking someone up, there are going to be hugs and kisses with all the greetings.

DINNER PARTY: Getting together around a dinner table is what you do to have fun, and you can count on lots of hugs and kisses at the beginning and end.

VLADIMIR GJORGIEV/SHUTTERSTOCK

BAD BREATH CAN BE A BUMMER

Research has shown halitosis is a confidence killer, and can make a person super sensitive about breath problems.

The sooner you determine if you have a problem, the sooner you can do something about it.

To find out:

- Cover your mouth and nose with your hand, and exhale. Now breathe in through your nose. Does the air smell bad?
- Watch how people react when you talk. Do they stand at a distance, or act a little odd after you speak?
- If your partner starts to avoid kissing you on the mouth, there may be an issue. But it may be their breath, too.

What to do? Improve your oral hygiene by brushing your teeth, flossing, and using a dental mouthwash, regularly. Talk to your dentist about your concerns, and be sure to always carry mints and mouthwash, too.

REFRESHING TIPS FOR MEANINGFUL RELATIONSHIPS

You have been thinking about this moment for a while. Now the lights are low, the two of you are alone, love is definitely in the air. You lean in, close your eyes and purse your lips for that first kiss — and wait and wait.

OMG. Your date has recoiled. Was it your breath?

Bad breath is actually one of society's oldest and most troublesome social problems. Called halitosis, it can be caused by different factors, including poor oral hygiene, strong smelling foods such as fish, onion, garlic, and even coffee, smoking, and dental and health problems. It is the third most frequent reason — after cavities and periodontal disease — that people see their dentist.

Often, a relationship problem has spurred on the visit. Since sense of smell is so closely linked to your emotions, sweet smelling breath has everything to do with love, kissing and connecting — or not connecting.

SINGLE — AND NOT LOVING IT

Bad breath is often referred to as a social life killer. In fact, in research, sufferers say it ruins their life.

Not surprisingly, single people with bad breath often have problems dating, and getting married. Furthermore, they are so anxious about their breath in social settings that they avoid face-to-face encounters and can become loners — and lonely.

Thirty-four per cent of survey participants with halitosis said their bad breath made them hesitant to speak to others.

SANTIAGO CORNEJO/SHUTTERSTOCK

If you are starting to date someone you really like who has bad breath, try some subtle hints such as eating mints after dinner, avoiding strong smelling foods, and even talking about your own oral hygiene habits.

MARRIED — AND NOT LOVING IT EITHER

In research, sufferers say bad breath causes them to sleep separately from their spouse.

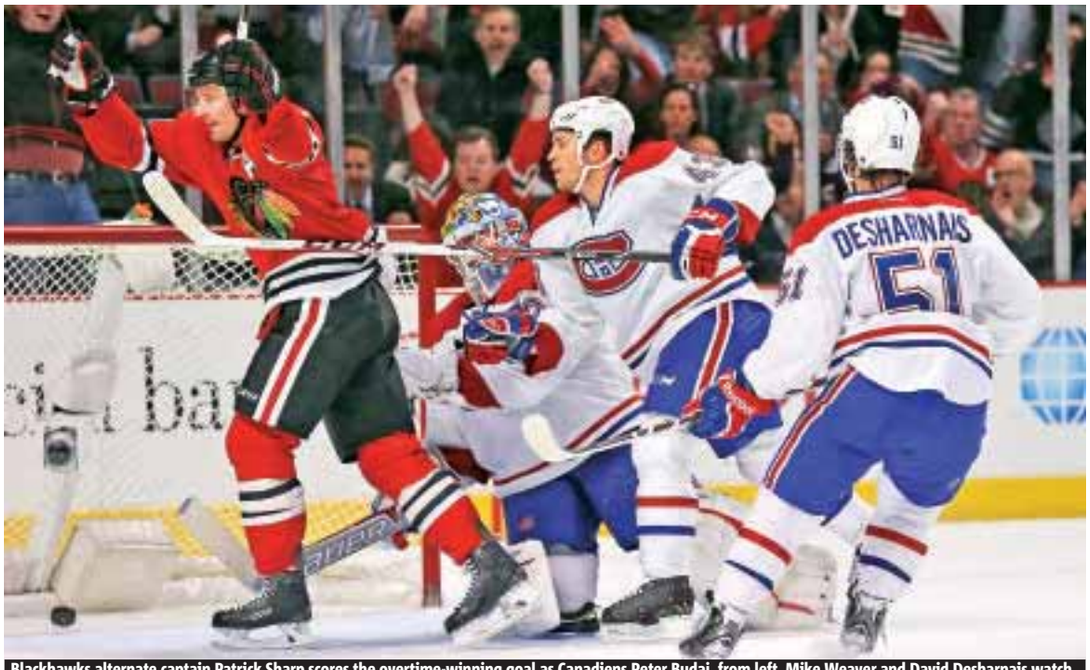
While couples who have been together for a while can be forgiving and understanding, bad breath can still be difficult to ignore, especially in the bedroom. Halitosis is often the reason behind partner rejection and marital problems.

If bad breath is ruining intimate moments, be honest but be kind. Encourage your partner to brush their teeth, floss, and rinse with a mouthwash at least twice a day. This will prevent bacteria from settling in the mouth. If there is a new chronic bad breath issue, check in with the dentist, too.

I WANT
A FRESHER SMILE
SO I DON'T
MISS THE KISS
My smile is fresh thanks to my Crest + Scope routine. It gives me the confidence to know that I'm ready for that special kiss with that special someone.
Glide
scope outlast
Oral-B
Crest complete
Scope Outlast
scope outlast
1 FLOSS
2 BRUSH
3 RINSE
MY Crest + scope ROUTINE
Crest® Complete toothpaste fights cavities. ©2014 P&G
ORAL-16266
Walmart.ca Shop Now
Available at Walmart

The Canucks fired GM Mike Gillis on Tuesday, but there were plenty other disappointing NHL campaigns around hockey this season. Scan this image to vote on who should be the next NHL executive to hit the road.

SPORTS 4



Blackhawks alternate captain Patrick Sharp scores the overtime-winning goal as Canadiens Peter Budaj, from left, Mike Weaver and David Desharnais watch on Wednesday night in Chicago. JONATHAN DANIEL/GETTY IMAGES

Chicago Sharp-er than short-handed Habs

NHL. Sharp's goal in first minute of OT lifts Chicago to 3-2 win over Montreal

Patrick Sharp set up Marian Hossa's tying goal in the final minute of regulation and then got the game-winner 43 seconds into overtime to lift the Chicago Blackhawks to a 3-2 win over the Montreal Canadiens on Wednesday night.

On Wednesday

3	2
Blackhawks	Canadiens

Jeremy Morin also scored in the Blackhawks' fourth straight win overall, and their first in overtime this season after seven losses.

Sharp scored the winner on a shot from the slot that struck Montreal goalie Peter Budaj, rolled high off his equipment, ticked off the left post and landed in the net.

Hossa had tipped in Sharp's feed from the right corner to tie the game at 2 with 47.7 seconds left in the third period.

Corey Crawford finished with 28 saves in the Blackhawks' final regular season home game.

Dale Weise and Francis Bouillon scored for Montreal, which snapped a two-game win streak and lost for just the third time in its last 13 games. Budaj had 25 saves.

The Canadiens were without starting goalie Carey Price and defencemen Andrei Markov and Alexei Emelin, who didn't make the trip to Chicago so they could rest for the playoffs.

Not only was their little scoring, there were only two penalties — both on Montreal — in a cautiously played game between Original Six rivals with depleted lineups.

THE ASSOCIATED PRESS

MLB. Things looking up as Blue Jays move above .500

Canadian Brett Lawrie hit his first homer of the season and Toronto starter Brandon Morrow struck out nine over six innings as the Blue Jays defeated the Houston Astros 7-3 on Wednesday night in Toronto.

Lawrie belted a two-run shot off reliever Josh Zeid in the seventh inning as Toronto (5-4) earned its first series win of the young season. Morrow (1-1) allowed five hits and three earned runs as the Blue Jays moved above the .500 mark.

Melky Cabrera, Maicer Izturis and Dioner Navarro had two hits apiece as Toronto outhit the Astros 10-6. Morrow struck out the side in the first inning and his teammates gave him an early lead with a pair of runs in the bottom half.

Izturis got things started with a one-out single off Lucas Harrell (0-2) and he came around to score on a double by Jose Bautista. Edwin Encarnacion grounded out but Adam Lind followed with a single to centre that brought Bautista home. THE CANADIAN PRESS

Jose Bautista watches a foul ball at Rogers Centre on Wednesday night. The popular slugger had a hit and scored two runs in Toronto's 7-3 win.
CHRIS YOUNG/THE CANADIAN PRESS

Playoff flameouts

Oh, Canadiens!

The Toronto Maple Leafs' playoff hopes ended on Tuesday with a 3-0 loss in Tampa Bay, leaving the Montreal Canadiens as the lone Canadian team left fighting for a Stanley Cup.

According to hockey-reference.com, the last time there was just one post-season participant from north of the border was in 1973 when, yes, the Habs topped the Chicago Blackhawks in the Stanley Cup final. METRO

The Canadiens will be Canada's only hope when the playoffs begin. GETTY IMAGES

IGF flood

BBM Stadium Inc. defends decision to block media

The group that managed construction at Investors Group Field is defending its decision not to let media into the stadium to see damage caused by flooding, calling the affected area a construction zone.

"This decision was made based on consultation with our construction manager," reads a release sent out from BBB Stadium Inc. late Wednesday. "The area in which the repairs are being done is a construction zone and any traffic would potentially interfere with the remediation process that is under way."

The group has been under fire from media and fans for the decision not to give reporters access to the damaged areas of the stadium since news of the flooding leaked Tuesday. Mayor Sam Katz said Wednesday he was disappointed media were not allowed in to see the damage.

The BBM says the repairs do not affect the outdoor seating or playing field, and normal access will resume once the manager has cleared the site.

METRO

Horoscopes

♈ Aries
March 21 - April 20
The Sun in your birth sign does wonders for your confidence but there will still be times when self-belief deserts you. Keep telling yourself there is no good reason you should fear the worst, now or ever.

♉ Taurus
April 21 - May 21
This may not be an easy time of year for you but you can sense that the day will soon be here when your luck turns. Maybe that day will come sooner if you act as if nothing could possibly go wrong.

♊ Gemini
May 22 - June 21
Tone down your comments because the planets warn if you say something others consider over the top it will rebound on you in ways you had not expected.

♋ Cancer
June 22 - July 23
Think twice before volunteering to help the less fortunate through a task you know little about. Others may be wowed by your enthusiasm but they won't be so impressed if you make a mess of the job.

♌ Leo
July 24 - Aug. 23
Don't expose yourself to any kind of situation where you do not have full control over what happens. Not even your confidence will protect you from people who do not share your sense of fair play.

♍ Virgo
Aug. 24 - Sept. 23
You seem to have a phobia about something that at other times would not worry you. It may continue for a few days but come the start of next week you'll be all smiles again.

♎ Libra
Sept. 24 - Oct. 23
Make sure you know what you are talking about today, especially if you are dealing with people who are experts. If you make claims that cannot be backed up with facts, they will make you look silly.

♏ Scorpio
Oct. 24 - Nov. 22
For some reason you seem to believe you don't have the talent to be a success. That isn't true. Get your head straight and get on with making your mark on the world.

♐ Sagittarius
Nov. 23 - Dec. 21
You have a tendency to say things you don't believe because you enjoy seeing the looks of shock on people's faces. It may be a lot of fun, but it could backfire today.

♑ Capricorn
Dec. 22 - Jan. 20
You can be sarcastic and the planets warn that your caustic way with words could have long-term consequences that damage others and you.

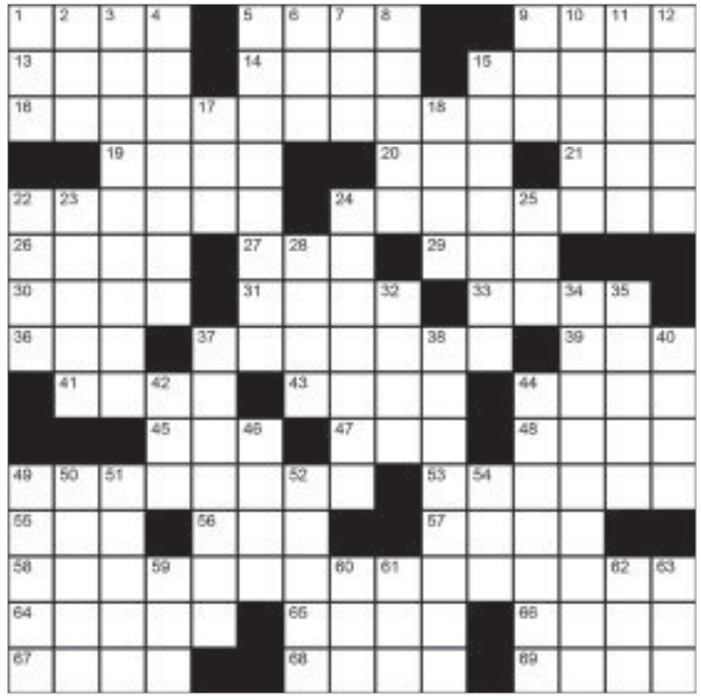
♒ Aquarius
Jan. 21 - Feb. 19
You may not get much in the way of thanks for a good deed today but that's OK. The world would be a sad place indeed if we only ever did favours for others because we expected to get something back in return.

♓ Pisces
Feb. 20 - March 20
Try not to get angry or frustrated if a goal you are aiming to reach seems to be further away than ever. Just as there is a reason for everything that happens in life so too is there a reason for everything that does not happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



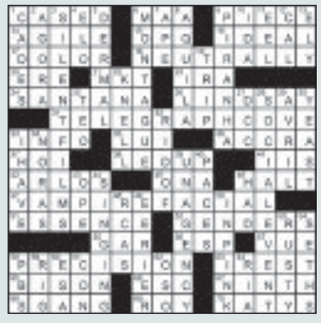
Across

1. Niagara Falls' Maid of the __
5. Angry arfer's admonition
9. Dull
13. Wine: __ Spumante
14. Donnie Iris song: "Ah! __!"
15. Accustom
16. Toronto: The __ __ __ Theatre (Opened in 1993, it was named after a member of The Royal Family)
19. Reclined
20. Couplet
21. Antacid brand
22. House kind
24. Herb that sounds like a toast spread
26. Interest __
27. __ _ roll
29. Nero's 54
30. __-bitty
31. Newfoundland's nickname, The __
33. Broom closet items
36. "O Sole __"
37. "The Real Housewives of Beverly Hills" cast member who is Canadian producer David Foster's wife
39. Cdn. capital
41. Norway's capital
43. Rhyme scheme
44. Indebted person
45. Retro albums, e.g.
47. Spinning stat.
48. Reality's Ms. Leakes
49. Peter of HBO's "Game of Thrones"
53. About [abbr.]
55. A bus driver follows one, for short
56. Cobbler's tool
57. Switchblade
58. "Chasing the Sunset" band from Winnipeg: 2 wds.
64. Hotel employee
65. God: French
66. Mackerel sort
67. Their __ Were Watching God (1937 novel by #51-Down)
68. Chick containers
69. Trans-Canada, et al.

Down

1. Location locator
2. Medit. locale
3. Spikes
4. Sarah Palin impersonator: 2 wds.
5. Manitoba village, home of tourist attraction Sara the Camel
6. __ judicata (Settled court matter)
7. __ al-Khaimah, Middle East emirate
8. Valerie Harper title role
9. Genetic info carrier
10. Geometry set item
11. Field
12. Broom-of-twigs
15. "Letters from __ __" (2006) directed by Clint Eastwood
17. Spy org.
18. Roll up a flag
22. Ladylike
23. 3.14, for example
24. Ghastly
25. Lacto-__ vegetarian
28. 'The Big Easy'
32. Start to 'sack' (Hiker's bag)
34. __-Pine Falls, Manitoba
35. Office item, __ pad
37. Brand of yogurt
38. Syria's capital
40. Famed dino
42. Currency in Albania
44. Singing the right note in music: 2 wds.
46. Cut
49. Ambition
50. "Be that as __ __..."
51. Author, Zora __ Hurston
52. Wooded spot's open space
54. Greek letter
59. Some stoves
60. Fix
61 Edmonton International Airport code
62 'Trick' suffix
63. Boat's distress

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					9	7		
			2	4		3		
3	4	9				1		
5			1		8		9	
	9						3	
	7		9		5			4
		2				6	7	3
		3		6	2			
		8	5					

Yesterday's Sudoku

1	2	5	7	3	6	8	4	9
3	9	7	1	8	4	6	2	5
8	6	4	2	9	5	7	3	1
4	7	3	6	1	8	5	9	2
5	8	9	3	4	2	1	7	6
6	1	2	5	7	9	3	8	4
2	3	1	4	6	7	9	5	8
9	4	6	8	5	3	2	1	7
7	5	8	9	2	1	4	6	3

Weather

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

	TODAY	FRIDAY	SATURDAY
	MAX: 4° MIN: -1°	MAX: 8° MIN: 0°	MAX: 0° MIN: -11°

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